



**PUNTO
CLÍNICO**
ESPECIALISTAS

REDUCCIÓN DEL COLESTEROL

CONOCE TUS COLESTEROLES

Hay dos tipos: LDL (colesterol malo) y HDL (colesterol bueno). El LDL puede acumularse en las arterias y causar enfermedades cardíacas, mientras que el HDL ayuda a eliminar el colesterol LDL del cuerpo.

1



2

ESTRATEGIAS PARA REDUCIR EL COLESTEROL

Una dieta saludable y el ejercicio regular pueden ayudar a aumentar los niveles de HDL y reducir los niveles de LDL.

MEDICAMENTOS Y TRATAMIENTOS

Estatinas: Son medicamentos que reducen los niveles de colesterol en la sangre. Dejar de fumar y limitar el consumo de alcohol también pueden ayudar a reducir el colesterol.

3



4

SEGUIMIENTO Y MONITOREO

Es importante realizarse exámenes de sangre regulares para monitorear los niveles de colesterol y ajustar el tratamiento. Un perfil lipídico mide los niveles de LDL, HDL y triglicéridos.

Reduccion Del Colesterol

S Ben Porath



Reduccion Del Colesterol:

Decoding **Reduccion Del Colesterol**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Reduccion Del Colesterol**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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